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## GOLDEN RETURN

Kaillie Humphries, two-time Olympic gold medallist in women's bobsled, returns home from Sochi on Monday evening. Humphries was greeted in Calgary by her two sisters and a number of fans.

CANDICE WARD/FOR METRO

# Police fine revenue falls \$3M short

**'Additional attrition.'**  
Vacant officer positions will cover shortfall, according to chair



JEREMY  
NOLAIS

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City police have put penny-pinching plans in motion after nabbing fewer motorists cruising over Calgary's posted speed limits last year, Metro has learned.

All told, the service netted \$39.6 million in traffic-fine revenue in 2013, about \$3 million less than projections. Officials have said in the past that the massive June flood and better awareness of so-called "speed-on-green" intersection cameras were likely factors in fewer tickets being issued. In 2012, the service set a record with \$44 million in traffic-fine funds.

But Rodney Fong, chair of the Calgary Police Com-

mission, said the lower-than-expected revenues are being countered with "savings in salaries as a result of vacancies and higher attrition than anticipated."

It wasn't clear how many positions would be lost within the service's ranks, but officials have warned in past city-budget negotiations that multi-million-dollar cuts could spell trouble for keeping crime rates low and resolving outstanding case files.

In 2011, for example, both the former commission chair Mike Shaikh and police Chief Rick Hanson successfully appealed to city councillors to reverse a proposed \$5.1-million cut to the service's budget. Even this past October while touting higher-than-ever approval ratings for city officers, Shaikh expressed concerns about whether Calgary's current police-officer complement could keep pace with the rapid city growth.

Still, Fong dismissed concerns about the reduction.

"The service estimates at-

trition each year and does its best to maintain its authorized strength ... we are not concerned about this additional attrition as the service is always working on strategies to hire ahead of attrition," he said. "That is always the goal."

But there are others who question the service's reliance on motorists breaking the law to help balance its books in the first place.

Traffic-ticket defence agent Derek Cameron labelled the revenue earned a "hidden speed tax," and questioned whether automated traffic enforcement — the aforementioned speed-on-green cameras and police-run photo radar — actually teaches anyone a lesson.

"Most people get it (the ticket) in the mail and then wait until they have to renew their registration to pay it," he said. "If the city is needing revenue, what's the easiest way to get the public to pay? Punish the ones that make mistakes."

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Mitigation money

## Three city schools to receive millions to prevent flooding

Three Calgary schools rocked during June's historic flood are in line for millions to protect against future surges of water, but it's unclear when the upgrades will be completed.

Elbow Park School, Rideau Park School and St. Mary's School were all damaged during the disaster but the latter two have since reopened. Elbow Park, meanwhile, will require a complete rebuild and Calgary Board of Education officials have said they hoped to add flood buffering to the site, which had never previously flooded, during construction.

Some work had already been done at Rideau Park to relocate key operating systems but, on Monday, the Alberta government announced each facility can be allocated up to \$2.5 million for additional buffering.

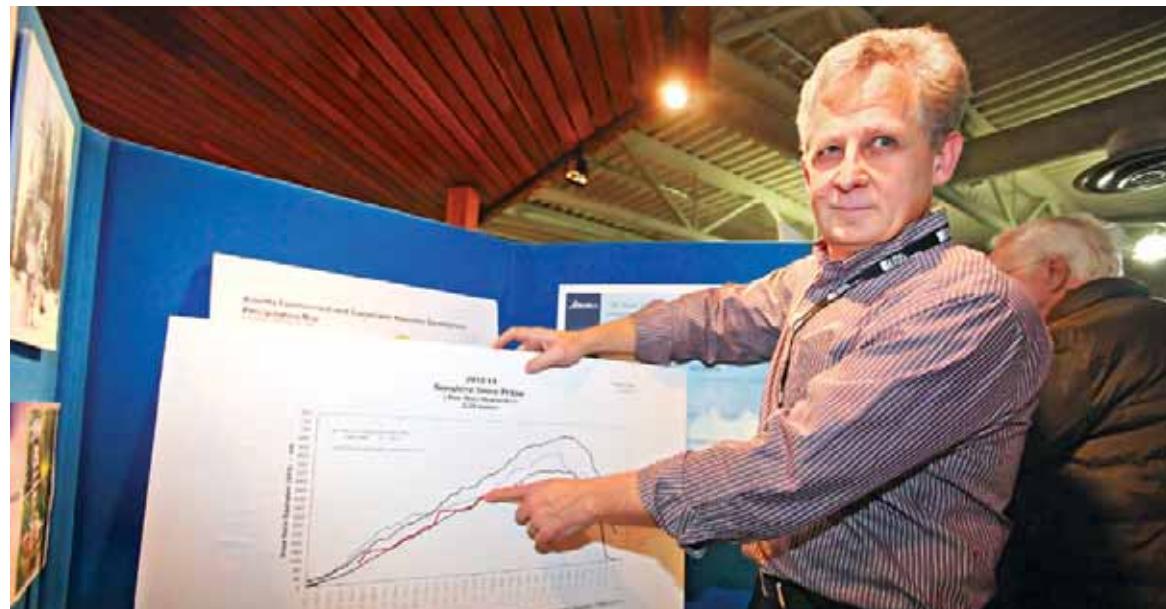
CBE trustee chair Sheila Taylor said the funds would "go a long way" towards protecting the facilities, but said details on potential mitigation measures had yet to be solidified.

"We've just heard about this announcement today, so it's early days," she said.

Officials with the Calgary Catholic School District indicated late last year they'd already submitted a mitigation plan to the province for St. Mary's, which routinely experiences flooding.

Five schools in High River are also in line for \$2.5 million each.

JEREMY NOLAIS/METRO



# Flood forecast still foggy but preparation stressed

### Info gathering.

Officials use variety of data to make decisions about things like adjusting water levels in Glenmore Reservoir



ROBSON  
FLETCHER

robson.fletcher@metronews.ca

Forecasters say it's too early to predict the risk of flooding again this spring and summer but it's never too early to prepare yourself for another emergency.

Provincial and city officials will be watching three

factors closely in the coming months: snowpack in the mountains, ground saturation, and precipitation patterns.

"We check conditions twice a day from mid-May to mid-July," said Twyla Hutchinson, a planning engineer with the city.

The biggest period of concern is the third week of June, she added, as that's when "very, very quick" snowmelt runoff is typically seen from the higher peaks of the Rockies, and when the area sees "the highest statistical probability" of heavy rainfall.

So far this winter, the snowpack in the mountains is about average, but there's still plenty of time for that to

change.

"Our biggest snow month is essentially the month of March," said Dave Ardell of Alberta Environment. "So we'll be keeping a very close eye on that."

The province is currently reviewing its river monitoring equipment and may add to it before the upcoming flood season, he added.

"If we get some information through the monitoring review that we really need something up here now ... we will make sure that's deployed," he said.

All the data the province gathers it shares with city officials, who do some of their own monitoring as well.

That information is also

shared constantly with the Calgary Emergency Management Agency, which uses it to make operational decisions based on threat levels.

With the province still working on large-scale mitigation measures — those projects will take several years, still — CEMA assistant deputy chief Sue Henry said the agency will continue reminding city residents to be prepared.

"One of the things that we will be focusing on this spring is to really encourage citizens to be prepared — to know their risk in their area, to get a 72-hour (emergency) kit, to learn their neighbours, and to come together as a community," she said.



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NEWS

# Council drowns water fountains proposal

## More study needed.

Most aspects of a proposed plan to improve drinking-water access rejected by council as a whole



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

Citing concerns over cost and "social engineering," a group of city councillors gutted a plan Monday that would have seen city staff work toward expanding access to drinking water across Calgary.

Council did approve part

### Drinking (water) in public

"We've talked a lot about public washrooms — sort of one end of the supply and demand — and this is one that addresses the other end."

Coun. Brian Pincott, who voted in favour of all aspects of the proposal to expand drinking-water access

of the proposal, championed by Coun. Gian-Carlo Carra, that will see the city work to "ensure convenient access" to drinking water within public buildings.

But the other aspects of the plan, including having city staff "examine the possibility of expanding access to drinking water" in public spaces and within private facilities, such as malls, were voted down by 8-7 and 9-6 margins.

Carra said his goal was partially to help reduce the environmental impacts of bottled-water use but more so to simply deliver Calgary's "unbelievably high-quality" drinking water to citizens and

visitors more effectively.

Coun. Sean Chu and Coun. Ward Sutherland were the strongest opponents to the plan, voting against all aspects of it, including having city staff actually report back to council on the one part of the plan that was approved.

Chu likened the entire proposal to the city's extended debate over a shark-fin soup bylaw and said it's not council's business to be encouraging people to drink more water from fountains as opposed to from bottles.

"When are we going to stop this social engineering policy?" he said.

Sutherland, meanwhile, said the plan would be too expensive and there are health and liability issues to consider.

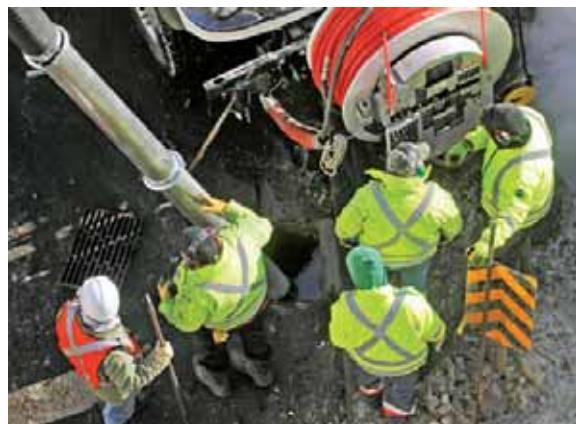
"I don't know what the legal issues are," he said. "It can transfer bacteria, germs, etc."

City staff are to report back to council by the late summer or fall on the aspect of the plan that did pass.



Coun. Gian-Carlo Carra put forward the motion to study an expansion of drinking-water access in Calgary. METRO FILE

# Early morning water-main break causes commuter chaos



City crews scrambled to get Memorial Drive and the Centre Street Bridge open in time for the late rush-hour crowd Monday. BRYAN WEISMILLER/METRO

Emergency repairs to a broken water main disrupted inner-city traffic and required residential taps to be turned off in the area on Monday.

Pools of ice created a hazard near eastbound Memorial Drive and the lower-level of Centre Street Bridge when a 72-year-old cast-iron pipe burst uphill in Crescent Heights.

Rick Valdarchi, program manager with the city's water services department, told reporters it's a "reliable line," despite its advanced age.

"We do have lines in the system that are of that age

and haven't experienced problems," Valdarchi said. "We don't go looking for problems, it's done very well."

Valdarchi said it could take up to 48 hours to fully complete the repairs.

Water was shut off in the area, a move that affected roughly 20 in the nearby homes. Water wagons were brought in to help residents.

Raymond Kan woke up to what he first thought was an intruder, then he heard what sounded like a waterfall. Finally, he spotted the stream of water surging into his basement.

"The water was seeping

through everywhere," Kan said.

It was hailed as the most major of six water-main breaks over the weekend, although he downplayed associations to the weather in saying there are multiple causes.

"We experience water-main breaks throughout the year," Valdarchi said. "It seems ... they tend to hit in bunches."

Dan Jones of the roads department confirmed that city inspectors determined there wasn't any structural damage to the bridge or telecommunications cables.

BRYAN WEISMILLER/METRO

### A recap of events

Gushing water began cascading from the underside of the upper deck of the Centre Street Bridge around 4 a.m., according to the fire department.

- Much of Memorial Drive was shut between 5A Street and Edmonton Trail, with traffic being rerouted to a single westbound lane.
- The pipe problem started in the 100 block of 8th Avenue NW.

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# Plans to review booze rules 'evolve' post-Olympics



Despite some booze-fuelled revelry, Team Canada fans in Calgary were deemed to be tame overall after Sunday's early gold-medal game. METRO FILE

## That's the spirit!

Albertans may be rewarded for good behaviour

Authorities overseeing Alberta's liquor laws were in high spirits Monday after an orderly Olympic experiment — even if they weren't immediately toasting relaxed rules around early-morning bar service.

A cabinet minister and the Alberta Gaming and Liquor Commission (AGLC) revealed plans were already in the works to review booze rules prior to Sunday's big hockey game.

AGLC spokeswoman Jody Korchinski said the "enthusiasm" over allowing pubs to open early for the Olympic finale will factor into the review. "This interest has certainly evolved over the weekend," Korchinski told Metro. Police in Edmonton and

Calgary reported no significant spike in bar-related shenanigans on Sunday.

"We're quite pleased with how things went," Korchinski said, adding the discussion was now centred around opening early for major events.

Finance Minister Doug Horner, whose ministry oversees the liquor regulator, joins other high-ranking members of the governing Tories in wading into the debate.

Solicitor general Jonathan

Denis and Employment and Immigration Minister Thomas Lukaszuk have fuelled the discussion through public comments. Horner signalled a measured approach moving forward. "Certainly the discussions that have taken place over social media over the past weekend will be taken into consideration as we develop our public consultation," he said. "I know this is a topic that gets Albertans talking."

BRYAN WEISMILLER/METRO

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# Calgary starting work on 'pedestrian strategy'

Calgary is in the process of developing a "pedestrian strategy," the city's transportation manager revealed Monday, something that came as news to the mayor and members of council.

"The transportation department has identified a pedestrian strategy as one of our 2014 major projects," Mac Logan told council. "That work is already starting."

His comments came during discussion over snow-clearing on so-called "engineered walkways" — pedestrian paths that aren't sidewalks and aren't pathways, but something sort of in between — and in response to a point raised by Coun. Diane Colley-Urquhart. The Ward 13 representative noted that the city has formalized documents out-

lining its approach toward roads and transit, but walking is overlooked.

"We really don't have a pedestrian mobility strategy," Colley-Urquhart said.

Mayor Naheed Nenshi echoed that.

"This is an important transportation mode and we often forget about it," he said.

ROBSON FLETCHER/METRO

## Health system

### Extra \$1B should go into public care: NDP

Alberta's NDP says an extra \$1 billion coming this year in federal health transfers is a rare opportunity to fix what acutely ails the system. NDP Leader Brian Mason and health critic Dave Eggen say it could fund 1,500 new long-term care beds and eliminate out-of-pocket prescription charges for seniors and those with low incomes.

THE CANADIAN PRESS

## Two-week span

### Calgary man charged with robbing 5 banks

Calgary police arrested a man over the weekend and charged him on Monday in relation to five bank robberies that happened across the city earlier this year.

Brandan Neuman, 29, faces five counts of robbery and several other offences related to the spree of thefts at financial institutions. METRO

## High River

### Musician picks free-house winner

A flood-hit family in High River has been awarded a house by country crooner Jason Hartie and his wife, Gina. After sorting through thousands of requests for the free-to-move Killarney bungalow, Hartie announced Monday they'd decided. "The family we chose are wonderful people who have faced great tragedy over the past few years," he said. Specifics will be determined Wednesday. METRO

## Manitoba. Greyhound bus killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre.

THE CANADIAN PRESS



Vince Li THE CANADIAN PRESS FILE

## Truth and Reconciliation. Alberta, NWT bishops say sorry for abuse of children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last in the country representing Catholic bishops to make a public offer of regret. Others have issued

formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told students at Edmonton's Ben Calf Robe School.

THE CANADIAN PRESS

### First Nation youth

#### Report calls for five-year plan

A new report by Ontario's advocate for children and youth is calling for a five-year plan to address the needs and difficulties facing aboriginal young people.

The report, titled Feathers of Hope, came out of meetings last year involving more than 160 aboriginal youth from 64 communities. THE CANADIAN PRESS

### Election Act changes

#### NDP, Liberals push for hearings

The NDP is accusing the governing Conservatives of trying to rig Canada's election rules while clouding criticism of the changes as just another Ottawa battle.

The NDP, backed by the Liberals, wants hearings held across the country on proposed changes to the Elections Act.

THE CANADIAN PRESS

# Arrest warrant issued for Ukraine's ousted leader

**Kyiv.** Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

Yanukovych, who fled Kyiv on Saturday after the oppos-

### Canada, U.S. react

- White House spokesman Jay Carney says the U.S. is prepared to help Ukraine regain economic stability by providing support.
- The Harper government is leaving the threat of sanctions against Russia on the table if it interferes in the events in Ukraine.

ition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russian area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Russia's Olympic hockey humiliation.

"So Justin Trudeau ... thinks the deadly crisis in Ukraine is a laughing matter," Employment Minister Jason Kenney tweeted.

Industry Minister James Moore also took to Twitter to draw attention to Trudeau's joke. THE CANADIAN PRESS



People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovych, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS

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## Surprise move. Egypt's cabinet resigns; could pave the way for el-Sissi

Egypt's interim cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief Abdel-Fattah el-Sissi to announce his widely anticipated plans to run for president in the spring. The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islam-

ist President Mohammed Morsi was ousted by the military.

**THE ASSOCIATED PRESS**

### Changes

The cabinet will remain until a new one is formed.

- El-Sissi has already secured the support of Egypt's military body to seek the presidency.

### C. African Republic

#### Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. **THE ASSOCIATED PRESS**

### Congo

#### Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. **THE ASSOCIATED PRESS**

# Defiant Ugandan president signs anti-gay bill into law



Ugandan students from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Center outside of Kampala, Uganda, on Monday. **STEPHEN WANDERA/THE ASSOCIATED PRESS**

**'Abhorrent.'** White House press secretary Jay Carney says the country took a step backward and urged for the law's repeal

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Ugandan President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa. Museveni may have defied Western pressure to shelve the bill four years and many versions after it was introduced, but his move —

likely to galvanize support ahead of presidential elections — pleased many Ugandans who repeatedly urged him to sign the legislation. Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks. Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday. "The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse." **THE ASSOCIATED PRESS**

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# Coffee wars brewing from coast-to-coast

**Joe drama.** The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks

 MELISSA DUNNE  
melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't mat-

ter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win

cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadianness works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they

have not

been able to maintain their head start.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of \$8.5 million. But the chain is mounting

a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

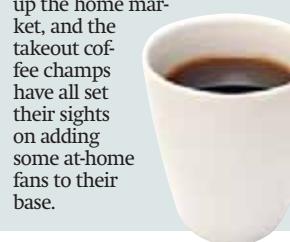
We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced.

Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012. Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.



## At-home The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy

McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and

## Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.



- Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).



- Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.

- Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.

- Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.

- Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.

- London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.



- Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.



- Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.



- Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.



CHARLIE RIDDLE/THE ASSOCIATED PRESS

As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For the host cities, the real challenge begins with the end of the Olympics. Here's a look at what some past summer and winter games sites around the world look like post-Olympics.

THE ASSOCIATED PRESS



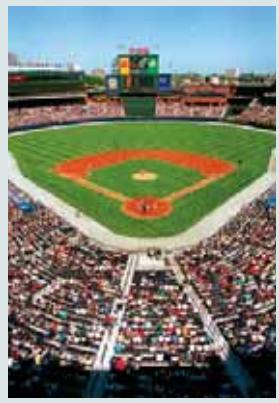
AMEL EMRIC/THE ASSOCIATED PRESS

### Sarajevo, Bosnia: Gone downhill

Wartime destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

### Atlanta: Home of the Braves

After the 1996 games, Olympic Stadium in Atlanta was converted into Turner Field, the baseball stadium that's been home to the Atlanta Braves for the past several years.



RIC FELD/THE ASSOCIATED PRESS

### Vancouver: On track, so far

All Games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a \$110-million trust to make sure that they don't fall into disrepair.



CHRIS CARLSON/THE ASSOCIATED PRESS FILE

### Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.



KYODO NEWS/THE ASSOCIATED PRESS

### Voice service coming

Hey, what's up? Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

CEO Jan Koum said the voice service will be deployed for Android and iPhones this spring, with BlackBerry and Microsoft and Nokia phones coming later.

On Wednesday, Facebook acquired WhatsApp for \$19 billion US in a deal that is by far the biggest by the social networking company and any other done by Google, Microsoft or Apple.

THE ASSOCIATED PRESS

### Market Minute



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A large advertisement for VapeXcape. It features a woman with long blonde hair blowing a cloud of vapor. Below her are several images of different types of electronic cigarettes and vaporizers. The text "CALGARY'S HOME OF AUTHENTIC HIGH END MODS" is at the top, followed by the mall locations and the website "VAPEXCAPE.CA".

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An advertisement for The Alpha Course. It features a large, stylized question mark in the center. Above it, the text "The Alpha Course" and "Calgary Downtown" is written. Below the question mark, the words "Question Everything" are displayed. At the bottom, there is information about free registration and the website "JesusHouse.ca".

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# Contribution deadline looms

**Last-minute tips.** You have until March 3 to deposit money into retirement savings fund

YLVIA  
VAN BUUREN  
For Metro

The deadline for making your RRSP contribution is approaching, but there is still time to contribute.

Check the bottom of your 2012 notice of assessment to see how much contribution room you have accumulated (any unused room is carried forward and the total unused balanced will be shown there). Canadians can contribute up to 18 per cent of earned income to the maximum room, which is \$23,820 for 2013.

Here are some last-minute contribution tips.

- Mark March 3 on your calendar — that's the cut-off date for 2013 contributions. Most financial institutions are open later and on weekends to accommodate the last-minute rush. Or contribute via Internet banking.
- Don't over-think it. If you need help deciding where to put your RRSP contribu-

## Impact. Divorce can split assets

 **TALBOT BOGGS**  
Smart Investing

Going through a divorce is difficult at any age, but grey divorces involving couples 50 years or older can have a major impact on their retirement plans and assets like an RRSP.

A recent study by Winnipeg-based Investors Group found that about 80 per cent of grey divorcees say they will probably delay their retirement because they need to work longer than planned and 62 per cent said their post-divorce savings and investments will no longer be adequate to fund their retirement.

"In a divorce you might feel emotionally liberated but financially you could be a lot worse off," said Chris Buttigieg, senior manager, wealth planning strategy with BMO Financial Group. "Divorce



March 3 is the deadline to contribute to your RRSP for the 2013 financial year. VLADIMIR GJORGIEV/SHUTTERSTOCK

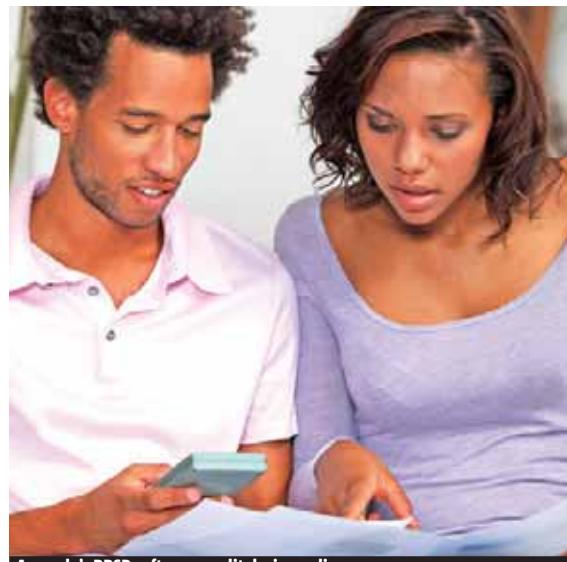
tion, just put it into a high-interest savings account or a low-risk money market mutual fund, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada. "It doesn't matter where it's going just as long as it's registered. You'll receive a tax deduction and can create a properly allocated and

well diversified portfolio at a later date."

- Use money from your tax-free savings account (TFSA). "If you need a tax deduction and you don't have access to cash but you do have money in a TFSA, move the money from your TFSA into your RRSP." With the TFSA, you can use that room again beginning January of the following year.
- Take out an RRSP catch-up loan. All financial institutions offer these loans, which allow you to borrow money for your RRSP. Keep in mind that if the loan is over too long a period, you could offset the gains (tax deduction) you get with the RRSP, Dewdney said.
- If your income was lower than previous years and you might not need the RRSP deduction, it's still a good idea

to contribute, Dewdney said. "You can always defer the contribution to a future year if that will be more beneficial."

- For next year. Set up a systematic contribution plan now and you will be off to a good start for next year. "Even if you want to make a larger contribution come tax time, you'll already have a base," Dewdney said.



A couple's RRSPs often are split during a divorce. AUREMAR/SHUTTERSTOCK

poses some really challenges for people when retirement is around the corner."

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax provided you are living apart when property and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart. Your soon-to-be-ex can continue to

make spousal RRSP contributions to your spousal RRSP until the date you cease to be spouses, or the date of divorce.

"Women tend to have more attachment to the home but liquid assets tend to go to the other spouse," Buttigieg said. "In cases like these there's a danger of becoming house rich and

cash poor and finding yourself in the situation of wondering how you're going to carry the house and expenses."

One of the big problems with divorce is that it is often a bitter experience, which can affect your judgment.

The Investors Group study found that people who charac-

terized their divorce as bitter experienced greater financial difficulties than those whose divorce was more cordial, such as managing living expenses after the divorce or separation, stress from the division of assets, the cost of divorce proceedings and no longer having enough retirement savings.

"Divorce is an emotional process that can cloud your ability to make sound financial decisions that will ultimately affect your future," said Christine Van Cauwenbergh, assistant vice-president of tax and estate planning with Investors Group. "With limited earning power and less time to recoup financial losses, grey divorcees need to revisit their financial plans."

A good financial planner will help you assess your financial situation, clarify your goals as a new single person and advise you on what you can do to meet those goals.

**THE CANADIAN PRESS**  
**TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.**

## A secret to saving more money

Do you want to know a secret? There is another tax-free way to save for retirement that the tax-man doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

Insurance experts from Desjardins Insurance spoke more about universal life insurance.

### What makes this product special?

It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. Your money grows more efficiently allowing you to achieve an earlier retirement. This is especially effective if you tend to maximize your annual RRSP contribution. It's like moving your coins from a pocket with a hole in it to one with no hole. Universal life is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

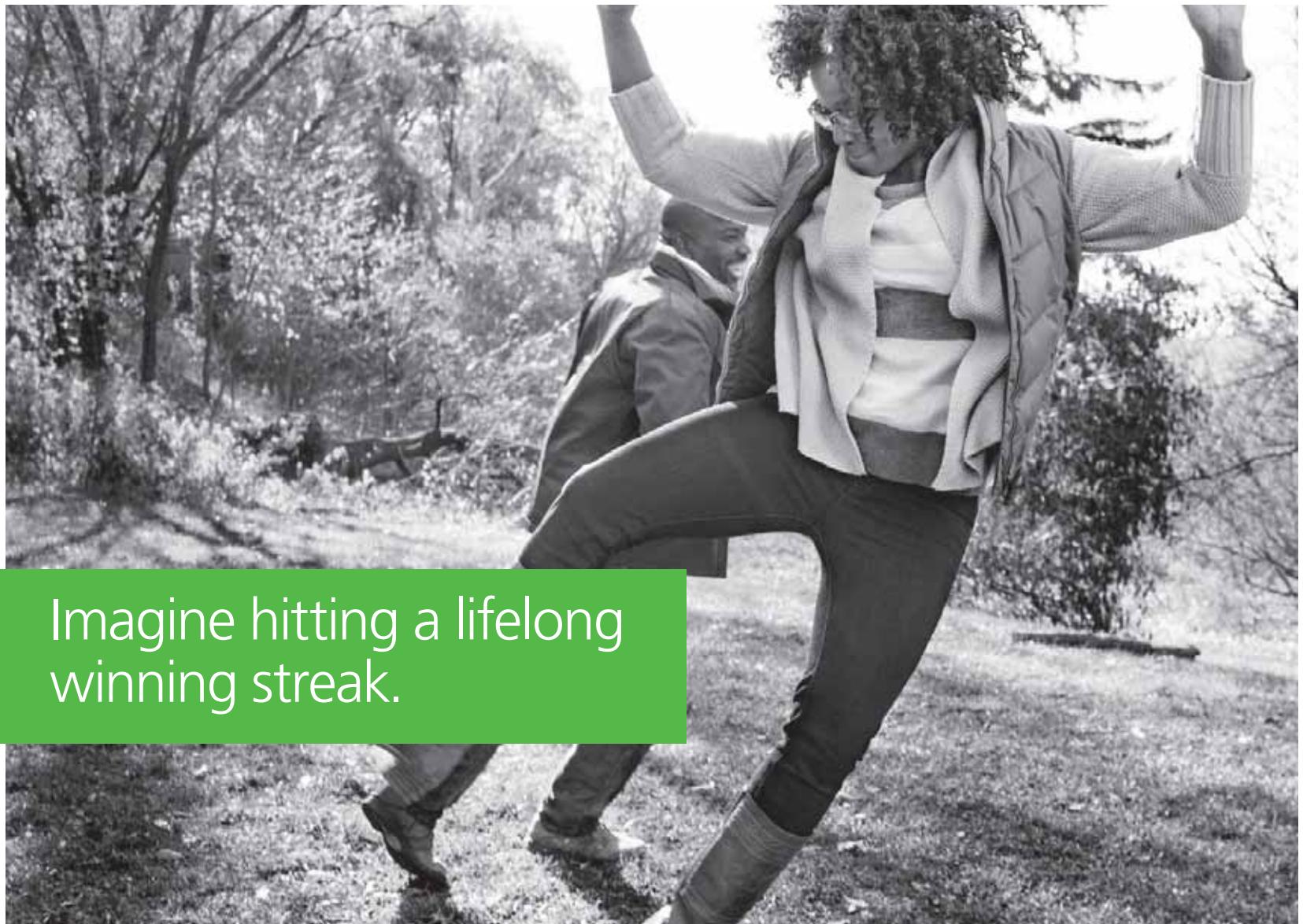
### So how does it work?

The individual designs the portfolio based on their current personal and/or family priorities. They may choose from a variety of insurances including term, whole life and/or critical illness. The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

### How can I invest my money under the savings component?

There are a lot of investment options available. For example, you can choose between guaranteed deposits or index funds. These funds can be accessed anytime, barring any restrictions attached to the investment type, making this an ideal emergency or retirement fund.

**NEWS CANADA**



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# DON'T BE AFRAID TO FALL

My generation grew up in an age of motivation posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.



**SHE SAYS**  
**Jessica Napier**

metronews.ca

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But at

tacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

### They've entered the matrix



#### Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. METRO



The cube stands at eight metres high and six metres wide.  
COURTESY NUMEN/FOR USE

#### Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. METRO



COURTESY NUMEN/FOR USE

#### Clickbait

**LUKE SIMCOE**  
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.



ISTOCKIMAGES

#### Android:

"Make me a sandwich."  
"Beam me up, Scotty."  
"Who are you?"  
"When am I?"  
"What does the fox say?"



#### Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead\_ca: Ye lice-infested swine! I only be downloading a single movie: "Boots and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarr.

Follow @metropicks and take part in our daily poll.

#### Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.

**Bucket of Chicken**  
posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student P.S. I had math in the morning.

**Bucket\_of\_Awesome** posted to metronews.ca

#### WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca

DVD review

## Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock,  
George Clooney

• • • •

Not since 2001's *A Space Odyssey* has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high.

PETER HOWELL

## Hollywood

### Ghostbusters star Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as *Ghostbusters* and *Stripes*, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis.

THE ASSOCIATED PRESS

# Dust off your bikes and fight for your vegan rights

**Portlandia is back.**  
The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT HEALY  
Metro World News in Boston

Over the past three seasons of *Portlandia*, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called *The Celery Incident*, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surrealism, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe



Fred Armisen and Carrie Brownstein are set to bring you another season of *Portlandia*. AUGUSTA QUIRK/IFC

Watch it

- *Portlandia* season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for *Late Night* with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about *Portlandia* and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on *Portlandia*. "It will be perfect," he says, with a little less attitude. "My focus is *Portlandia*. That's what I do."

2  
SCENE

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Sam Worthington ALL PHOTOS GETTY IMAGES

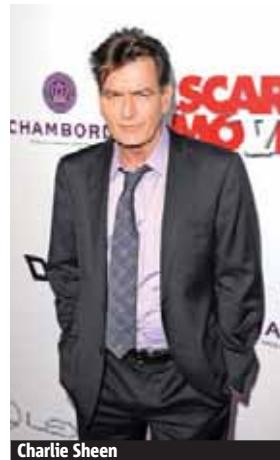
## Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer

kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

## Charlie's chuffed with new fiancée Brett ... just don't call her a porn star!

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti, which is the name she goes by in her personal life. Charlie has told his publicist to tell media outlets to stop calling her a porn star."



Charlie Sheen

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### Baldwin states his case and writes off the fame game

MELINDA TAUB  
Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used

a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now.

I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.



Lisa Kudrow

## Kudrow and former manager not best of Friends as court case looms

Lisa Kudrow is fighting back against claims by former manager Scott Howard that she owes him a share of her earnings from Friends reruns, according to the Hollywood Reporter. Howard, who is suing Kudrow for \$1.7 million US, claims that he and Kudrow had an oral agreement that he would continue to receive a five per cent commission on

her Friends earnings even after he was fired in 2007. "I always believed that a personal handshake kind of cemented that personal relationship and that anything more formal felt awkward," Howard testified in court last week. For her part, Kudrow insists she only agreed to pay Howard for the first round of residuals and nothing else.

### Twitter



@ElizabethHurley  
Uh oh, I just found myself breaking into a Carpenters song. Dogs and birdies horrified.



@EmmaBunton  
That's it, I'm going to the gym. Wish me luck, It's been a while!!!



@SarahKSilverman  
In a zombie apocalypse the trees win

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# What does your achoo say about you?

**Winter blahs.** Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

**MAJA LUNDAGER PEDERSEN**  
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an allergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with



Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites

and mold," Lehach says.

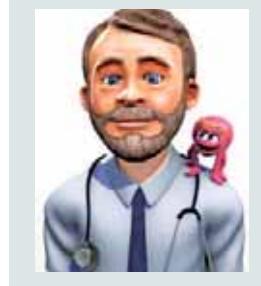
Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you

can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose,

This therapy app will help you understand and deal with your arachnophobia through relaxation techniques and a progression of virtual spiders, including one you interact with using your phone's camera.



so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."



## Do you suffer from psoriasis?

If so, our clinical research unit is looking for adults 18 years of age and older with moderate to severe psoriasis who may qualify for a clinical research study of an investigational medicine. **FOR MORE INFORMATION PLEASE CALL:**

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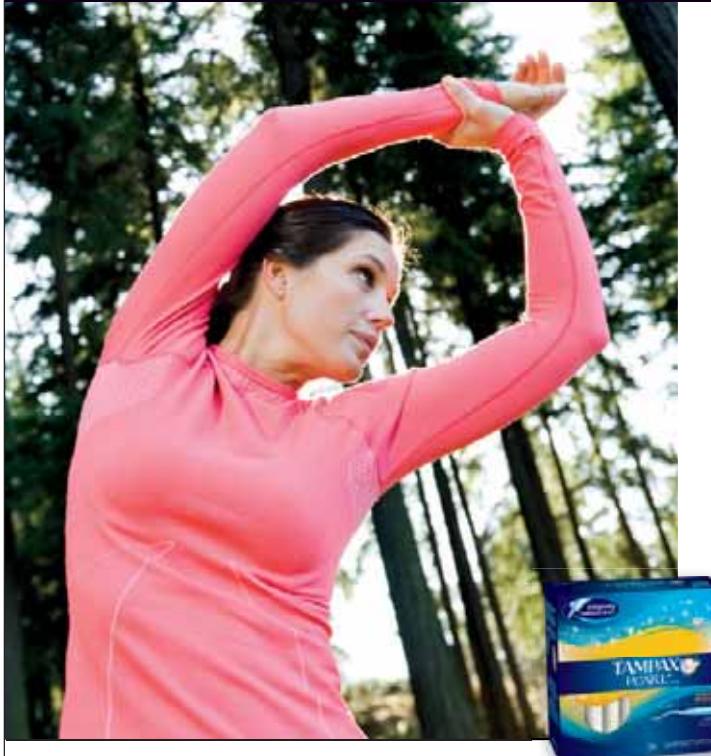
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3 FEET

# STAY WELL

**It's time for a fresh start!** A new year is the time to commit to taking care of yourself so you can take care of the ones you love. It only takes a few minutes each day, and a few simple strategies, to keep you feeling your very best.



## USE YOUR BODY

You don't need a gym – or even any free time! – to get in the best shape of your life. Here are three no-equipment-needed moves you can do anywhere. Try them the next time you're waiting for your kids to finish hockey practice or dance lessons. And no matter where – or when – you work out, make sure Tampax Pearl Active is there with you. It keeps you protected so you can keep your mind on your workout, not your period.

### 1 WALL SIT

Pressing your back against the wall, squat down into a sitting position. Hold for as long as you can. You'll build strong glutes, thighs and calves as you increase your time.

### 2 ARM CIRCLES

Hold your arms out straight at either side at shoulder level. Alternate rotating your arms in small and large circles, backwards and forwards. You'll build shapely, lean arms and shoulders.

### 3 SIDE BENDS

Stand with your feet shoulder-width apart, your arms over your head and your hands clasped. Bend sideways from the waist, lengthening your arms as you bend. You'll develop your obliques for a strong core.

## HEALTHY MOM HAPPY FAMILY



## MAKE TOOTH CARE A FAMILY AFFAIR

You make sure your kids floss, brush and rinse regularly, but are you following your own advice? An easy way to get everyone in the habit is to make flossing, brushing and rinsing with Crest Pro-Health products a daily game. You'll be modelling good oral hygiene for your kids, and your smile will be in tip-top shape.

**FOR THE KIDS** Play a favourite song that's between two and three minutes long and dance along while you brush. Or try Oral-B Deep Sweep 5000 Brush with its cute happy-face timer that ticks down the minutes till you're done.

**FOR YOU** Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of

Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.



To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.



## JUICE UP!

Juice is a terrific source of antioxidants and vitamins, but it usually lacks pulp, so it's low in fibre.<sup>1</sup> Want to give your morning juice or smoothie a tasty fibre boost? Add a dose of Metamucil. It dissolves best in cool liquids

and tastes so good you'd never suspect it promotes digestive health<sup>2</sup> and helps lower cholesterol levels<sup>3</sup> to promote heart health. Orange and Pink Lemonade flavours brighten up tangy grapefruit juice, and Berry Blast flavour gives an extra zing to blueberry-pomegranate juice.

To ensure this product is right for you, always read and follow the label.

1-Source: <http://www.mayoclinic.com/health/juicing/AN02107>. 2-By relieving irregularity. 3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

## GET LOST, COLDS AND FLUS!

You're worried that your kids are packing a little something extra in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly,

it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based

hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.



To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

**GO ONLINE FOR MORE HELPFUL TIPS**

To get your year off to a fresh start, go online for more tips designed for busy moms. Go to [www.staywellmom.ca](http://www.staywellmom.ca).

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\*\*By relieving irregularity

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## Health Solutions

## Live a little with liver



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Theresa Albert  
DHN, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones. Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid



TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means, whatever the animal was exposed to can get concentrated in their liver and you would be consuming pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté. Either way, classic Mediterranean simplicity is at your finger tips.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# All pâté roads lead to a red-wine-sipping kind of meal

**THERESA ALBERT**  
[myfriendinfood.com](http://myfriendinfood.com)

Traditional pâté is often made with about 50 per cent added saturated fat. This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

- Clean livers and remove ducts and any fat. Rinse in a

## Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

**START TO FINISH**  
ABOUT 30 MINUTES



This recipe serves six. COURTESY THERESA ALBERT

colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm.

3. Stir once during baking.

4. Allow to cool and use a hand wand to puree well.

Using a spatula place into

jars, top with ground pepper and drizzle with melted butter.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM

## NOMINATE SOMEONE TODAY!

Nominations Close February 27

Nominate an inspiring immigrant who has made a positive impact through their newfound life in Canada.

This coveted national award recognizes the achievements and accomplishments of Canadian immigrants.

To Nominate Visit  
[canadianimmigrant.ca/rbctop25](http://canadianimmigrant.ca/rbctop25)

## It's time to take the conversation upstream.

Healthy forests are nature's sponges. They are the best insurance against future floods. Southern Alberta's land use plan must do more to protect our headwaters from road building and clear-cut logging. You have until February 28th to tell the Premier what you think.

[premier@gov.ab.ca](mailto:premier@gov.ab.ca)

Have your say. Visit [www.y2y.net/upstream](http://www.y2y.net/upstream).

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photo credit: Ray Wong (left),

CPAWS

Yellowstone to Yukon Conservation Initiative

# HOW DO YOU SPELL SUCCESS

## AN MBA CAN HELP ACHIEVE GOALS



MINERVA STUDIO/SHUTTERSTOCK

Sometimes, you only need three letters to spell success — MBA.

Whether you are looking to increase your career potential, make a career change, or just add more tools to the toolbox, getting a master of business administration (MBA) can help you achieve these goals.

But when it finally comes down to

choosing where to study your MBA, there are a number of factors to consider.

First is your time.

Getting your MBA can be quite time consuming, but there are a number of programs that offer different program lengths. Most business schools understand that many students are working professionals and cater to their busy

schedules through flexible programming options.

If you plan on keeping your day job while getting your MBA, consider looking at a business school that offers an MBA program that takes place during evenings, weekends, or even online.

While online options are becoming increasingly more popular — with more

schools starting offer this option — it is important to consider the value of the networking opportunities available to students who physically attend class. In some cases, potential employment opportunities can come down to who you know and a major pro when weighing your options.

For those who are ready to dive head first into their education, be sure to check out a school that offers a full-time option, or even an accelerated program.

Another factor to consider is your current level of education and whether you meet the entrance requirements to your desired program. When it comes to admissions requirements, each school has its own set. Some may ask for a degree in business to apply, while others may just ask for a university degree — it comes down to each individual school.

Location can also play a key role in the decision-making process.

Some of the best learning opportunities can be made during internships or work placements, so it may be a great idea to focus on a market in which you would ideally like to be employed.

No matter which MBA you decide to pursue, remember that it is an investment in yourself and that return on investment will be worth it in the long haul.

## PERSONALIZED FOR STUDENTS

### THOMPSON RIVERS UNIVERSITY MBA

When one thinks about an MBA program, flexibility is not usually the first thing that comes to mind.

While it may be hard to believe, that is exactly the goal of the Thompson Rivers University (TRU) MBA.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

As one of the most flexible MBA programs in Canada, TRU students are able to customize their learning styles by either choosing to study on-campus, online or through a blended combination.

While the delivery format for each student may be different, the end goal is the same.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to



CONTRIBUTED

lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

The TRU MBA is a two-year program, with a possibility of a 12-month accelerated program for those with an undergraduate degree in business.

For more information and to view admissions requirements, visit [tru.ca/business/mba](http://tru.ca/business/mba).

**MBA**

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Introducing Thompson Rivers University (TRU)'s redesigned Master of Business Administration (MBA).

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MC118015

# DEVELOP ALL-ROUND SKILLS AT THE U OF A

## ALBERTA MBA DELIVERED IN MANY FORMATS

There are many reasons to consider an MBA.

Career advancement, gaining business knowledge and growing your professional network are the obvious reasons.

Perhaps less obvious, an MBA would allow you to develop your leadership and team management skills, along with improving your critical thinking, decision-making and communication abilities.

The Alberta MBA through the Alberta School of Business at the University of Alberta offers individuals all of these skills.

"The Alberta MBA offers research-inspired teaching from world-class faculty through a blend of lecture, case and applied learning," says Christopher Lynch, director of recruitment, Alberta MBA, University of Alberta. "The small class sizes at Alberta help to foster strong

### INFO SESSIONS

The Alberta School of Business will be holding two info sessions (Wednesday and March 19) for those interested in learning more about the Alberta MBA.

Interested individuals are encouraged to RSVP for these sessions at [mba.net](http://mba.net).

relationships with your peers and create a collegial environment."

The Alberta MBA is delivered in a number of different formats.

The two-year full-time MBA allows you to fully immerse yourself in study, while the evening MBA allows you the flexibility to complete the MBA while



CONTRIBUTED

continuing to work.

The FastTrack MBA allows business graduates to complete their MBA in less time (either full time or during the evening).

And, finally, the executive MBA is designed to give senior-level managers the skill set to become innovative leaders.

"Our different programming options provide students with flexibility to complete the MBA on their terms," Lynch says. "For instance, with classes offered four nights a week, evening MBA students

would have the opportunity to plan their own schedule."

They also offer select one-week intensive courses that would allow students to complete a course in a short period of time.

Along with the flexible scheduling options, individuals can also choose to tailor their own general MBA, or choose a strong specialization in one of six different options.

For more information about the Alberta MBA, visit [mba.net](http://mba.net).



# MASTER OF FINANCIAL MANAGEMENT

LEADERS FROM ALBERTA FOR THE WORLD

## INFORMATION SESSIONS

MARCH 6

Noon and 5 PM  
U of A Calgary Centre  
#120, 333 - 5 Ave SW

For more information and to RSVP: [www.business.ualberta.ca/mfm](http://www.business.ualberta.ca/mfm)

**VIKAS MEHROTRA**  
A.F. (CHIP) COLLINS CHAIR AND  
PROFESSOR OF FINANCE DEPARTMENT CHAIR,  
FINANCE AND STATISTICAL ANALYSIS



# HIT THE GROUND RUNNING WITH HASKAYNE

Starting this year, Haskayne School of Business will be offering full-time MBA students the opportunity to take on a four-month internship in the summer between their first and second year of studies.

"This gives them the opportunity to hone their skills, develop their business acumen and build their professional network in their chosen field of work before launching into a more intense job hunt after graduation," says Vern Jones, associate dean (graduate programs), Haskayne School of Business.

The MBA internship program is only available to full-time students and was added so students will be ready to hit the ground running, having completed the mandatory internship prep classes, a series of workshops focused on fine-tuning students' interpersonal and professional skills.

"Many of these students are taking an MBA to make a career change or industry change, or move into management," Jones says. "The summer internship allows them to gain experience in their new chosen career path prior to starting their second year of classes."



He adds that this experience may influence which specialized classes students choose and allows students to get their foot in the door early, expanding their professional network and helping them with the post-graduation job hunt.

The Haskayne School of Business has a

strong tie to the Calgary business community, making it an ideal environment to earn an MBA and participate in internships.

Haskayne has an active alumni network of about 21,000 people worldwide, with 80 per cent working in and around Calgary.

## PREPARE FOR THE BUSINESS WORLD

Along with the addition of the new internship, a new internship prep series has been added.

The internship prep series is open to all MBA students, and is a requirement for those students who participate in the internship program.

Students take a range of workshops to optimize the way they market themselves and ensure they are ready for the Calgary business community.

"A number of business professionals participate in our mentorship program, a program that pairs students with a member of the business community based on shared interests and career paths," Jones says.

For more information about the Haskayne MBA and the new internship program, visit [haskaynemba.ca](http://haskaynemba.ca).

## The Haskayne MBA. Calgary's MBA.

A world-class, industry-driven MBA program at your doorstep.

### MBA Information Session

March 6, 2014

5:30 – 7:00 P.M.

University of Calgary Downtown Campus  
906 – 8th Avenue SW

Register at:

[haskayne.ucalgary.ca/mba](http://haskayne.ucalgary.ca/mba)



UNIVERSITY OF  
CALGARY



**“**The Haskayne MBA was a great crash course into the business world. I could not be doing what I do now without it. It provided the business foundation needed to move my career in a different direction.”

**David Yiptong**, MBA'11, Innovate Calgary



**Olympians Mike Riddle and Dara Howell arrive in Toronto after winning silver and gold in Sochi.** TORSTAR NEWS SERVICE

# Olympians return to Canada from on high

**Heroes welcomed.**

Riddle and Howell among those landing in Toronto with medals from Sochi in tow

There were hugs, cheers and even some tears as a number of Olympians stepped back onto home soil Monday after an exhilarating two weeks at the Sochi Games.

Medallists Dara Howell and Mike Riddle were among the athletes greeted by a wave of

applause and a wall of flashing cameras as they arrived at Pearson International Airport in Toronto.

Howell, who won gold in women's slopestyle skiing, said it felt wonderful to be home

"I'm so excited to be back here," she said. "Overall it was such a great experience and Canada did amazing."

The 19-year-old from Huntsville, Ont., said her thrilling time in Sochi, Russia, marked only the beginning of her career.

"This is just the start for me," she said. "I just want to keep going and having as much

Glad dad

**"She worked for four years to get to this point, so it's awesome."**

## Dara Howell's father, Doug

fun as possible. We'll see where I end up."

Meanwhile Riddle, who won the silver medal in the men's ski halfpipe, was overwhelmed by the throng of media and onlookers waiting to greet re-

"I was not expecting such a big welcoming party," said

Riddle, who was heading on to Vancouver. "It's been a long trip and to come home to fans and Canadians and see all this is pretty cool."

The native of Sherwood Park said the Winter Games had been a great experience, but its completion had brought a degree of relief.

"It's been such a long time coming and building up to it — to be done, it takes a weight off my shoulders," he said. "Especially having done well I can just have no regrets and I'm

feeling really, really good moving forward."

## Home-plate collisions

Rather than ban home-plate collisions outright, Major League Baseball and its players adopted a rule limiting them this season.

In what both sides said was a one-year experiment, the rule allows collisions if the catcher has the ball and is blocking the runner's direct path to home plate, and if the catcher goes into the basepath to field a throw to the plate.

"It's not a radical departure from what it had been," Tampa Bay Rays manager Joe Maddon said.

**THE ASSOCIATED PRESS**

# Man with the golden touch

Sidney Crosby's career features numerous highlight-reel goals. Here's a look at five that may rank among his best.

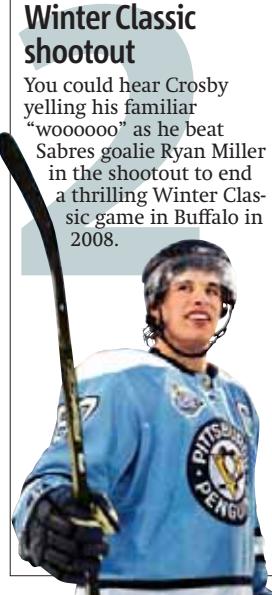
TORSTAR NEWS SERVICE

Photos by Getty Images



## Welcome back, Sid

The goal Crosby scored against the Islanders in November 2011, in his first game back from a long concussion layoff. Crosby broke through the Islanders defence and tucked a backhander top shelf, one of his fave moves.



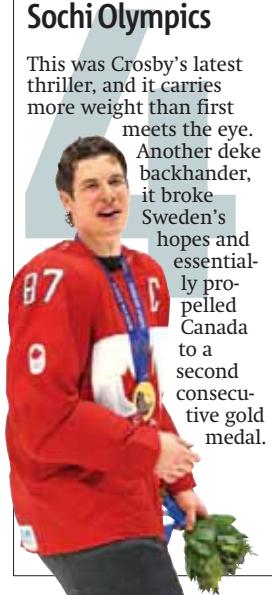
## Winter Classic shootout

You could hear Crosby yelling his familiar "woooooo" as he beat Sabres goalie Ryan Miller in the shootout to end a thrilling Winter Classic game in Buffalo in 2008.



## Premiere of the Crosby Show

This one came against the Canadiens in November 2005 and was one of the goals that started the legend. To end a shootout, Crosby did his little leg kick fake, then went backhand roof past a helpless Jose Theodore. For good measure, the puck knocked the water bottle off the top of the net.



## Sochi Olympics

This was Crosby's latest thriller, and it carries more weight than first meets the eye. Another deke backhander, it broke Sweden's hopes and essentially propelled Canada to a second consecutive gold medal.



## Golden goal in Vancouver

You could hear Crosby shout to Jarome Iginla for a feed as he bolted to the net from the corner. Miller was the victim again as Crosby won the gold medal for Canada. The goal ranks up there with the most famous in international competition for Canada.

NHL

## Sabres still dangling Miller on trade market

A person familiar with discussions has told The Associated Press that Buffalo Sabres GM Tim Murray continues to pursue offers for goalie Ryan Miller with the intention of dealing him before the NHL trade deadline on March 5.

The person spoke on the condition of anonymity because Murray did not speak to reporters Monday.

The person said the team's first option is trading Miller, who is in the final year of his contract. Option No. 2 would be making a bid to re-sign Miller if a trade can't be completed.

Miller was a no-show at Sabres practice Monday because the United States' backup goalie was travelling from the Sochi Games.

Miller was scheduled to arrive later in the day.

THE ASSOCIATED PRESS

MLB

## Trout's contract talks won't slow big fish: Manager

Angels manager Mike Scioscia said Monday that he isn't worried about possible contract talks becoming a distraction for star centrefielder Mike Trout.

"It's not an issue and it's certainly not an issue with Mike," Scioscia said.

Published reports have said the team and Trout are discussing a long-term deal.

Scioscia said he hasn't seen a contract becoming a problem in his time with the Angels.

"We haven't had anybody here in 15 years because of a contract situation that hasn't come out and given 100 per cent," Scioscia told reporters.

Scioscia said his training camps are "high energy" and designed to keep players focused. He added that distractions can come in many forms and pointed out that Trout has handled distractions easily through two seasons with the Angels.

In two seasons, Trout has won the AL Rookie of the Year and was twice the runner-up for AL MVP.

THE ASSOCIATED PRESS

## NBA. Collins among old pals in return to the Nets



Jason Collins makes a pass on Sunday.

MARK J. TERRILL/THE ASSOCIATED PRESS

the players themselves.

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS

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Former Eskimos head coach Tom Higgins, who led Edmonton to a Grey Cup and was twice named coach of the year, was named the new head coach of the Montreal Alouettes on Monday. DARRYL DYCK/THE CANADIAN PRESS FILE

# Higgins to take Als into new era

**CFL**. Ex-Stampeders looks to resuscitate struggling squad in relief of GM Popp

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the

inexperienced Dan Hawkins was fired only five games into the 2013 season.

Wetenhall made it clear in a statement that he did not want Popp, who is considered one of the CFL's best GMs but has a career 16-20 record as a coach, to continue in both jobs.

"As I've expressed to the media in recent weeks, I wanted to continue with the formula which has brought us the success we've enjoyed these past 17 years — having a full-time head coach and a full-time general manager to fill each of these positions," said Wetenhall.

"The criteria we estab-

lished was to find an individual familiar with the CFL; someone with success in that position and a background as a position coach. In addition, we sought an individual with a record for moulding and delivering championship teams.

"In Tom's seven years as a head coach he won three division championships along with a Grey Cup, and twice earned recognition as the CFL's coach of the year. His head coaching record of 72-53-1 speaks for itself. We welcome Tom to the Alouettes family."

Popp had made no secret of wanting to continue coaching.

THE CANADIAN PRESS

## CFL. Veteran Logan still running with the Lions

The B.C. Lions will once again have a two-headed monster in the backfield for 2014.

The club signed veteran running back Stefan Logan to a contract extension on Monday after he returned to the Lions in October and helped spark a stagnant ground game.

Logan, who began his career with the Lions in 2008 and will be 33 when training camp opens, returned to B.C. last season after four years in the NFL.

He carried the ball 33 times for 236 yards and a touchdown in three games with the Lions before adding nine carries for 53 yards and two TDs in B.C.'s



Running back Stefan Logan has re-signed with the Lions.

THE CANADIAN PRESS FILE

playoff loss to the Saskatchewan Roughriders.

THE CANADIAN PRESS

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Horoscopes

**Aries**

March 21 - April 20

There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

**Taurus**

April 21 - May 21

You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

**Gemini**

May 22 - June 21

You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

**Cancer**

June 22 - July 23

The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

**Leo**

July 24 - Aug. 23

One of your more impulsive moods could lead to something good... or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

**Virgo**

Aug. 24 - Sept. 23

Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

**Libra**

Sept. 24 - Oct. 23

Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

**Scorpio**

Oct. 24 - Nov. 22

Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

**Gemini**

May 22 - June 21

If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

**Capricorn**

Dec. 22 - Jan. 20

You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

**Aquarius**

Jan. 21 - Feb. 19

If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

**Pisces**

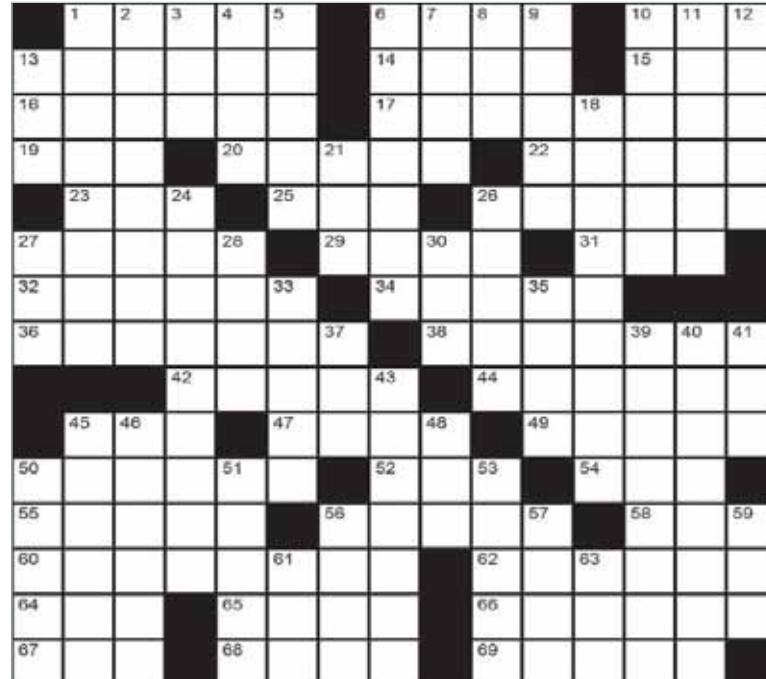
Feb. 20 - March 20

Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Nary \_\_\_ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: \_\_\_ — Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by \_\_\_ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa \_\_\_, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, \_\_\_ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United \_\_\_ Emirates
49. Reservations



sharers

60. Laurentian locale, Saint-\_\_\_
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John

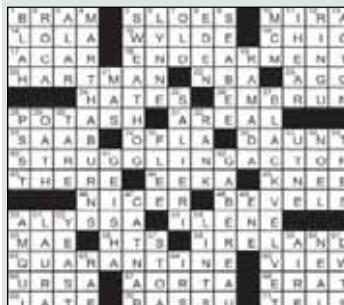
Wayne movie

7. Turkish official or military title
8. Mr. Gershwin
9. Elaine \_\_\_ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song:

nominee, " \_\_\_ Phillips"

7. Turkish official or military title
8. Mr. Gershwin
9. Elaine \_\_\_ ("Taxi" role for Marilu Henner)
10. Schedule
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Yesterday's Crossword



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2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4

1	5		7	3	1
9			5	8	4
1			3	2	
3					7
2	6		4		
8	9		7		3
		5		7	6
2	7		9		

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BY KELLY ANN BUCHANAN

- "O Come, \_\_ — Faithful"  
13. White House defence advisory gr.  
18. Locale of pre-Oscars telecast action: 2 wds.  
21. Polit. designation  
24. \_\_ Pass (Alberta community in The Rockies)  
26. Apples gadget  
27. Green  
28. Sword sort  
30. Play-  
33. La Chambre Rouge occupant, \_\_ du Canada  
35. But: French  
37. North or South country [abbr.]  
39. BC mining community  
40. Other self: 2 wds.  
41. Thumbs-up  
43. Invading ilks  
45. Descendants of Acadians in Louisiana  
46. Makes funny  
48. Canuck financial inst.  
50. Standstill  
51. Sporty figures  
53. New  
56. Skipper's salute  
57. Prefix meaning 'Outer'  
59. Compass dir.  
61. "\_\_-ching!"  
63. Distinguished [abbr.]

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